

# **SIPPICAN SOUNDINGS**

*News from the Marion Council on Aging*

**JULY 2016**

The Council on Aging's mission is to advocate on behalf of Marion's Older Adult population. The Council on Aging strives to enhance the quality of life for Older Adults in the community by providing educational, recreational, and cultural programs and activities.

**Marion Council on Aging**  
2 Spring Street  
Marion, MA 02738  
Office: 508-748-3570  
Fax: 508-748-2845

**Monday—Friday 9:00 a.m.—3:00 p.m.**

**Like us on Facebook @**  
[www.Facebook.com/MarionCOA](http://www.Facebook.com/MarionCOA)

**Heather Sylvia, Director**  
**Karen Gregory,**  
Program Coordinator  
**Coralia Merritt**  
Outreach Worker

## **Mondays at the Music Hall**

9:30 a.m.—11:30 a.m. Nursing Consultations with Kathy Downey  
10:00 a.m.—11:00 a.m. Chair Yoga with Pamela Smith Paquette  
11:00 a.m.—11:45 a.m. Social Hour  
11:45 a.m.—12:30 p.m. Lunch  
12:45 p.m. Learning and Leisure Lecture

## **Learning & Leisure Lectures for July**

**July 4 – Holiday**

### **July 11– “Chiropractic Care and Senior Health”**

Dr. Jennifer Eames from Marion Family Chiropractic will discuss how often when seniors have aches and pains, they are told that “it’s arthritis” and they “have to live with it.” But is this really true? Find out how gentle, modern chiropractic care can help seniors despite diagnoses such as arthritis and osteoporosis. Learn about new research that shows how seniors can, through chiropractic care, stay more active, agile, balanced, and involved in all that they love doing as they grow older. Tips will be offered to benefit the whole health of seniors, from optimizing your immune system to slowing the aging process.

Time will be allowed for specific questions and cases.

### **July 18– “Leading Ladies of Hollywood’s Golden Age: An Afternoon with Katharine & Audrey Hepburn”**

Lifelong film aficionado Frank Mandosa shares his knowledge and enthusiasm for two of American cinema’s most beloved female stars: Katharine & Audrey Hepburn. Come hear about these Oscar-winning actresses and their respective careers while enjoying film clips, behind-the-scenes trivia and more.

### **July 25– “Famous Impressions”**

Jill Sanford takes us from Pissarro and Monet to Cezanne and van Gogh. Learn what the Impressionist and Post-impressionist painters believed, how they worked, and how their creations stirred up the art world inspiring so many artists and individuals who followed. With a brief overview of the language of art, viewers learn to more fully read a painting or work of art while becoming engaged in a search for clues and meaningful connections. Come see that looking closely at art in a group setting is informative and fun.

## **July’s Menu**

**Please reserve ahead by calling 508-748-3570. Iced tea/coffee/yogurt/fruit/dessert included. \$3/pp.**

**July 11th:** Roast Beef sandwich/potato salad; **July 18th:** Pizza/tossed salad

**July 25th:** Chicken Piccata on a bed of greens

## **HEALTH, WELLNESS & SERVICES**

### **CHAIR YOGA**

With **Pamela Smith Paquette**

Mondays at the Music Hall 10:00 a.m.—11:00 a.m.  
\$2 donation

### **GROOVERCISE**

With **Ellie Higgins**

Mondays at Atlantis Drive 9:30 a.m.—10:30 a.m.  
\$4 donation

### **TAI CHI**

With **Kyle Marston**

Thursdays at the Music Hall 11:00 a.m.—12:30 p.m.  
\$10/class

### **SENIOR STRETCH**

With **Karen Corcoran**

Tuesdays, Thursdays & Fridays 9:30 a.m.—10:30 a.m. at the First Congregational Church Hall. Sponsored by Friends of Marion Visiting Nurse. \$45/10 week session

### **STRENGTH AND CONDITIONING**

Wednesdays, 10:30 a.m. at the Music Hall.  
Free for the summer

### **SHINE COUNSELOR**

(Serving Health Information Needs of Everyone)

Have a question about your health insurance? Need information about prescription coverage? Ask our SHINE Counselor. Call 508-748-3570 to arrange an appointment.

### **PUBLIC HEALTH NURSE**

Health consultation and education, blood pressure and glucose monitoring, wound assessment and routine adult vaccinations on **Mondays** at the **Music Hall** from **9:30 a.m.—11:30 a.m.** The nurse is available by appointment Tuesday—Friday, contact the Board of Health at 508-748-3530.

### **LONG TERM PLANNING LEGAL ASSISTANCE**

Attorney **Brandon C. Walecka, Esq., LL.M.** of Surprenant & Beneski, P.C. will be on hand at the COA office **August 9th** beginning at **10:00 a.m.** Appointments are needed, call the office at 508-748-3570 to schedule your complimentary 15 minute consultation.

### **DENTAL CLEANINGS & SCREENINGS**

The Dental Hygienist Program provides consumers with a public health dental hygienist that travels to the **Marion Music Hall** with a mobile dental unit providing dental cleanings, screenings, oral health information and education, including denture adjustments and cleanings.



**Monday, September 12th, 9:00 a.m.—1:00 p.m.** Contact **Holly Petruzzo** at **774-766-7238** for information and pricing.

## **TRANSPORTATION OPTIONS**

The Marion COA offers handicap accessible transportation Monday — Friday. Seats on the van are limited so we ask that you please call the office (508-748-3570) as soon as you know the service is needed. Donations for rides are accepted but not mandatory, riders are not allowed to tip the drivers. Riders will never be refused service due to their inability to contribute financially. **All riders must be able to navigate on and off the van independently or bring a friend/care provider to assist.** Seat belts must always be worn.

**FHVN COA Social Day Program:** Round-trip transportation is available Monday through Friday, call the office.

**Music Hall:** The COA hosts programs at the Marion Music Hall on Mondays/Wednesdays. Transportation is available. \$2/suggested, voluntary donation.

**Wareham YMCA:** Tuesdays and Thursdays— pick up at 10:00 a.m. and return at 12:30 p.m. \$2/suggested, voluntary donation.

**Local Medical Transportation:** Monday—Friday, 7:00 a.m.—4:00 p.m. \$3/suggested, voluntary donation.

**Boston Medical Transportation:** Please schedule your appointment at the Boston facility no later than 1:00 p.m. to ensure our van is back and secured by 4:00 p.m. \$50/suggested, voluntary donation.

**Grocery Shopping/Personal Errands: Every Wednesday afternoon** to Market Basket (New Bedford) \$2/suggested voluntary donation. **Friday afternoons** rotate between FHVN and Wareham shopping plazas. Please call the office for the schedule. \$2/suggested voluntary donation.

**Damien's Pantry, Wareham:** First Saturday of every month. \$2/suggested voluntary donation.

The Marion COA also utilizes a program often referred to as FISH (Friends In Service Helping), a group of volunteers who offer their time to transport Marion residents to/from medical appointments when the COA vans/drivers are not available. The COA is responsible for referring your transportation request to FISH and we ask that riders please do not contact volunteers directly.

### **What if the COA/FISH cannot provide transportation?**

M.O.,L.I.F.E., Inc. Medical transportation of Fairhaven, is available to Marion residents by calling **508-992-5978**.

Title III funded through Coastline Elderly Services, M.O.,L.I.F.E., Inc. can provide limited medical transportation to clients age 60+ but requires 48-hour notice for local rides and two-week notice for Boston. Grant availability is subject to available funding.



## JULY DAY TRIPS

**Monday, July 18th.** 10:00 a.m. pick-up.

**Harvard Art Museums Fogg, Busch-Reisinger & Arthur M. Sackler.** In addition to the special collections of the Harvard Art Museum on exhibit will be indigenous art from Australia, drawings from the age of Brugel, Rubens and Rembrandt, flowers of evil: symbolist drawings and prehistoric pottery from Northwest China.

Cost of this trip is **\$12.00/pp** to cover museum admission. Lunch on your own at the Museum Café.

**Wednesday, July 20th.** 10:00 a.m. pick-up.

**Acushnet Classic Ensemble Pops Concert.** Enjoy the sounds of ragtime, marches, Broadway musicals, Disney classics and so much more at the beautiful Fairhaven High School. Lunch at the Donut Mill Diner in Acushnet before the concert.

**Tuesday, July 26th.** 10:00 a.m. pick-up.

Spend a few hours exploring historic Plymouth, MA. Take in a summer show, see the sights at Pilgrim Hall Museum or stop by the Plymouth Center for the Arts. Lunch is on your own at Isaacs, Lobster Hut or East Bay Grill.

*Friends of the Marion Council on Aging present:*

## MARTHA'S VINEYARD DAY TRIP

**Tuesday, August 2nd**

Depart from the Marion Antique Shop, 335 Wareham Road at 8:45 a.m. in an air conditioned, restroom equipped charter bus and then board the Island Queen in Falmouth for the ferry ride to Martha's Vineyard.

Once we arrive in the Vineyard we will be treated to a narrated tour through Oak Bluffs and Vineyard Haven followed by a two hour stop in Edgartown for lunch (on your own) and shopping. We will return to Marion at approximately 5:45 p.m.

**\$73/pp** includes roundtrip transportation, driver gratuity, ferry and narrated tour. Full payment due upon reservation, checks payable to *Friends of the Marion COA*. No refunds after July 1, 2016.

Please call the COA office for more information or to register, 508-748-3570. **\*\*This is a family friendly trip and children over the age of 12 will be allowed when accompanied by an adult.\*\***

## OIL PAINTING CLASSES WEDNESDAYS AT THE MUSIC HALL

Beginning **Wednesday, August 10th** from **12:00 p.m. - 2:00 p.m.** artist **Cindy Ricard** will offer a 4-week oil painting class at the Marion Music Hall.

\$15.00/class includes all supplies. No experience necessary, all skill levels encouraged. Call the COA by July 27th to register, 508-748-3570.

## STRENGTH AND CONDITIONING WITH LARRY

**\*New Exercise Class\*** Strengthen your core and improve flexibility & posture. **Wednesdays** at the **Music Hall 10:30 a.m.—11:30 a.m.**

If you have light hand weights please bring them, a limited number will be available for use. Sponsored by the Executive Office of Elder Affairs, this class is free for the summer.

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\$15.00/class includes all supplies. No experience necessary, all skill levels encouraged. Call the COA July 27th to register, 508-748-3570.

## HAVE YOU THOUGHT ABOUT ADOPTING A FURRY OR FEATHERED FRIEND?

The Humane Society and Shelter—Southcoast (Ventura Drive, Dartmouth) has a wonderful assortment of cats, dogs, house rabbits and birds who are searching for their forever home. Have you been thinking about adopting a new friend? Now is the time!

The Humane Society also offers animal boarding and grooming for when your new friend might require a little pampering. Remember, if a lack of transportation is keeping you from considering adoption, the COA is available to Marion residents who need help getting to the shelter or to a vet. Call us today for more information, 508-748-3570.

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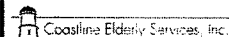
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### MYSTERY BOOK CLUB

The monthly mystery book club, sponsored by the Elizabeth Taber Library, meets on the **first Wednesday** of every month at **11:00 a.m.**, 8 Spring Street. Be sure to call or stop by the Library to register, 508-748-1252.

**July 6th:** I'd Know You Anywhere by Laura Lippman.

**August 3rd:** Blue Heaven by C.J. Box

### LIBRARY ANNUAL BOOK SALE

The Elizabeth Taber Library Annual Book Sale will take place at the Marion Music Hall on **Friday, July 29th**, from 4:00—7:00 p.m. and **Saturday, July 30th** from 9:00 a.m.—1:00 p.m. Please come and support your local library. All funds raised from the book sale are spent on enhancing our programs and services. Hardcover books will be on sale for \$3, paperbacks are \$2. Children's books 2/\$1, single DVDs will be \$3, \$5 for a DVD series, and \$5 for any over-sized books. For more information on the book sale, please call the library at 508-748-1252.

### MARION SOCIAL CLUB BBQ & RAFFLE

**Sunday, August 21st.** Doors open at noon, dinner served at **1:00 p.m.** (serving line closes one hour after start). Marion Seniors **must** register with the COA office and are allowed to bring one guest. Tickets are 50¢/each, limited number available. 44 Pumping Station Road, Marion, please car pool. Transportation is available from the Council on Aging, 508-748-3570.

### WELCOME

We'd like to take this opportunity to welcome the COA's new Outreach Worker, **Coralie Merritt**. Coralie will be working Wednesdays & Thursdays every week so be sure to stop by the office and say hello. Outreach services are also available in the home or nursing care facility by appointment.

### INTRODUCING "THE BIRTHDAY BOOK"

Traditionally, the Council on Aging has published a birthday list for all Marion residents, over the age of 60, in the monthly newsletter.

We know many of you enjoy being able to flip to the last page of *Sippican Soundings* to find out when your friend's birthdays are and we all enjoy getting cards in the mail on that special day.

That said, we're also aware of the number of scams we can be susceptible to which means there are some downsides to such information being published. Our newsletter appears online in several different locations and is readily available to **any** person who wants to "pick one up" from a number of businesses around town. This means that your personal information is made very public to both well intentioned individuals and also to those who may not be so honest.

To find some middle ground in this debate, the Marion COA is now offering a "Birthday Book." Simply sign your name and the month and day of your birth in our book, giving us permission to list your special day and we will happily do so. Our new Outreach Worker, Coralie, will be responsible for keeping this list and should be contacted directly at 508-748-3531. The Birthday Book will also be available on Mondays at the Music Hall if you are attending programs there. Once you sign up that's all you need to do. We will continue to publish your birthday until you tell us to stop.

Please know that in the COA office we do appreciate how much many of you enjoy the birthday section but in order for us to provide exceptional customer service to our seniors, we need to be able to protect your privacy. As always please feel free to call the office with your questions or concerns.

### FRIENDSHIP TABLE SCHEDULE CHANGE

The First Congregational Church will **not** be hosting a Friendship Dinner in July and August (normally held on the 3rd Thursday of the month).

We apologize for any inconvenience and look forward to seeing everyone in the Fall!

### IT COULD HAPPEN TO YOU

Illegitimate letters from a Massachusetts address are being sent to the state's citizens claiming "unclaimed property winnings". According to Treasurer Goldberg, these letters are not being sent by either the Massachusetts Office of the State Treasurer or the National Association of Unclaimed Property Administrators (NAUPA).

"It has come to our attention that fraudulent letters using our address and likeness have been sent to residents across the state," said Treasurer Deb Goldberg. "Our goal is to ensure that no Massachusetts citizen is taken advantage of as part of this scam."

Official unclaimed property notices will never direct owners to pay money, whether for processing fees, tax payments, or otherwise, when searching unclaimed property or filing a claim. The official Massachusetts Treasury website for unclaimed property, [www.findmassmoney.com](http://www.findmassmoney.com) is free of charge to search and claim.

The Office of the State Treasurer and Massachusetts Legislators utilize the mail to inform owners of unclaimed property. There are a number of ways to discern official Treasury notices from scam notices. Letters will be

mailed from Boston, Massachusetts with a return address; they will direct owners to an official [www.mass.gov](http://www.mass.gov) website; and they will bear the official seal of the State of Massachusetts along with the signature of the Treasurer.

Unclaimed property includes forgotten savings and checking accounts, un-cashed checks, insurance policy proceeds, stocks, dividends, and the contents of unattended safe deposit boxes. Most accounts are considered abandoned and are turned over to the state after three years of inactivity. Last year Treasury returned over \$114 million in property to its rightful owners, making the Commonwealth the state to return the most money on a per-capita basis. The Treasury currently holds over \$2 billion in unclaimed property that rightfully belongs to Massachusetts residents.

If you have any questions regarding unclaimed property, please visit the Treasury's official website, [www.findmassmoney.com](http://www.findmassmoney.com) or call 1-888-344-MASS (6277). You can view an example of a fraudulent letter at the following: [www.mass.gov/treasury/scamletter](http://www.mass.gov/treasury/scamletter)

If you think you've been scammed call your local COA (508-748-3570 in Marion), the local Police Department (508-748-3590) and the Attorney General's Office (508-990-9700 for the local office).



### FREE DIABETIC SHOE SCREENING

Did you know that Medicare Part B covers the purchase of either one pair of custom-molded shoes or one pair of extra-depth shoes each calendar year for seniors who have a medical need (diabetes)? Your doctor must certify that you need therapeutic shoes or inserts.

Kris Gidwani from **A+ Home Medical Supply** will be at the **Music Hall** on **Monday, July 18th** from **11:30 a.m.—12:30 p.m.** to answer your questions, help process paperwork, in conjunction with your doctor's office, and fit you for your shoes! Please be sure to bring a photo ID and insurance cards. Limited home visits available, call the COA office 508-748-3570 for more information.

Postage for this newsletter is  
paid for through a grant from  
The Executive Office of Elder Affairs.

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June 2016

Dear Resident:

The Marion Board of Health is currently conducting an assessment regarding the usage of alcohol, medications, and other substances by residents within our community. We would greatly appreciate your assistance in taking the time to complete this anonymous survey.

Please return the completed survey within the enclosed envelope. If you need any assistance or have any questions regarding the completion of this assessment, please contact Kathy Downey by calling (508) 748-3530.

Sincerely,

Kathy Downey, PhD, RN, MSN, MBA  
Public Health Nurse  
Town of Marion

## Community Substance Use Assessment Tool

### Demographics

1. How old are you? \_\_\_\_\_
2. What is your gender? Male \_\_\_\_\_ Female \_\_\_\_\_
3. Which of the following best describes your race/ethnic background?  
White \_\_ Black \_\_ Asian \_\_ Hispanic/Latino \_\_ American Indian/Alaska native \_\_  
Native Hawaiian/PI \_\_ Other \_\_ Prefer Not To Answer \_\_\_\_\_

### Survey Questions

4. In your life, which of the following substances have you ever used?  
(*NON-MEDICAL USE ONLY*)

Substances	Never	Once or Twice	Monthly	Weekly	Every day or Almost daily
Tobacco products (Cigarettes, chewing tobacco, cigars etc.)					
Alcoholic beverages (beer, wine, spirits, etc.)					
Cannabis (Marijuana, pot, grass, hash, dabs, etc.)					
Cocaine (coke, crack, etc.)					
Amphetamine products (speed, diet pills, ecstasy, etc.)					
Inhalants (nitrous, glue, petrol, paint thinner, etc.)					
Sedatives or sleeping pills (Valium, Serepax, Rophynol, etc.)					
Hallucinogens (LSD, acid, mushrooms, PCP, etc.)					
Opioids (heroin, fentanyl, oxycodone, Percocet, morphine, methadone, codeine, etc.)					
Others-Specify					

**PLEASE CONTINUE SURVEY ON BACK OF PAGE**



5. In the past three months, how often have you used the substances you noted in question 4?

Substances	Never	Once or Twice	Monthly	Weekly	Every day or Almost daily
Tobacco products (Cigarettes, chewing tobacco, cigars, etc.)					
Alcoholic beverages (beer, wine, spirits, etc.)					
Cannabis (Marijuana, pot, grass, hash, dabs, etc.)					
Cocaine (coke, crack, etc.)					
Amphetamine products (speed, diet pills, ecstasy, etc.)					
Inhalants (nitrous, glue, petrol, paint thinner, etc.)					
Sedatives or sleeping pills (Valium, Serepax, Rophynol, etc.)					
Hallucinogens (LSD, acid, mushrooms, PCP, etc.)					
Opioids (heroin, fentanyl, oxycodone, Percocet, morphine, methadone, codeine, etc.)					
Others-Specify					

**PLEASE CONTINUE SURVEY ON NEXT PAGE**

6. Has a friend or relative or anyone else ever expressed concern about your use of any of the following substances?

	No, Never	Yes, In the last three months	Yes, but not in the last three months
Tobacco products (Cigarettes, chewing tobacco, cigars, etc.)			
Alcoholic beverages (beer, wine, spirits, etc.)			
Cannabis (Marijuana, pot, grass, hash, dabs, etc.)			
Cocaine (coke, crack, etc.)			
Amphetamine products (speed, diet pills, ecstasy, etc.)			
Inhalants (nitrous, glue, petrol, paint thinner, etc.)			
Sedatives or sleeping pills (Valium, Serenax, Rophynol, etc.)			
Hallucinogens (LSD, acid, mushrooms, PCP, etc.)			
Opioids (heroin, fentanyl, oxycodone, Percocet, morphine, methadone, codeine, etc.)			
Others-Specify			

7. Have you used prescription drugs at higher doses than recommended? Yes\_\_\_\_ No\_\_\_\_

8. Do you feel that you have a drinking or drug problem now? Yes\_\_\_\_ No\_\_\_\_

9. Have any of your family members or friends ever had a drinking or drug problem?

Yes\_\_\_\_ No\_\_\_\_ If yes, please specify what type of substance problem the person faced:

PLEASE CONTINUE SURVEY ON BACK OF PAGE

10. From your perspective, over the past 3 months, how many of the people who are close to you abused drugs or alcohol?

None of the people \_\_\_\_\_

A few of the people \_\_\_\_\_

Most of the people \_\_\_\_\_

Comments: \_\_\_\_\_

11. Are prescription drugs, alcohol, medicines, vitamins, and other dangerous products properly stored or locked up in your home to prevent access by guests, family members and other occupants?

Yes \_\_\_\_\_ No \_\_\_\_\_ If yes, please specify how: \_\_\_\_\_

**IF YOU HAVE ANY CONCERNS AFTER COMPLETING THIS SURVEY, PLEASE CONTACT KATHY DOWNEY, MARION PUBLIC HEALTH NURSE AT:**

**508-748-3530**

**THANK YOU FOR COMPLETING THIS SURVEY. PLEASE MAIL IN THE ENCLOSED ENVELOPE TO THE MARION BOARD OF HEALTH, 2 SPRING STREET, MARION.**